

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Winner 1992 Army Communities of Excellence Award

August 1994

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Olympic Festival '94 at Carlyle Lake



Mistrals fly across the waters of Carlyle Lake straining for the finish line.

The 1994 U.S. Olympic Festival sailing competition was held at Carlyle Lake, hosted by the Carlyle Sailing Association.

Carlyle Lake park rangers gave interpretive programs, information and assisted with parking and security. Park rangers from Riverlands staffed the patrol boat.

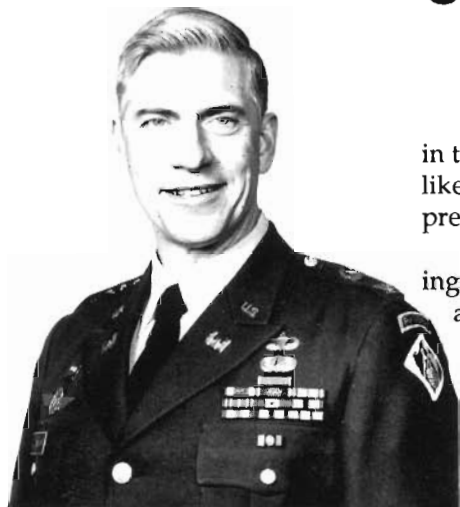
The District completed dredging work and work on the breakwater at the marina at Hazlet State Park to improve conditions prior to the event.

The sailing competition consisted of 36 athletes competing for the gold in three classes with nine races on either Lasers (one man sailboats), Mistrals or windsurfers, which focus on the skill of the athlete rather than the boat. Practice began after the opening ceremony on July 6. Races took place from July 8 to July 10.

The three-day event drew a record breaking attendance each day, with a total of more than 4,000 people and 200 spectators on boats. Congressman Richard Durbin attended the closing ceremony.



Commander's Perspective —



COL Thomas C. Suermann

**People are different and
we must recognize this
in our own organizational
relationships...**

Recently I read an article concerning diversity and productivity in the workplace which I think has value for our organization. I would like to share some of the salient points of that article with you as we prepare to close out FY94 and to begin FY95.

Celebrating diversity is really recognizing the process of enriching the workplace according to Gilbert Lewis and Patricia Dunford. They are spearheading a diversity training program in the Arizona Department of Corrections. Their research has identified some historical patterns and some future trends that are applicable to the government workforce that comprises our District despite the obvious differences in our customers.

Only twenty-five years ago the majority of the public workforce was white males, 29 years old, with less than 12 years of education and there were few minority groups. If you were an older worker, you were respected and younger workers were expected to listen and earn their position and recognition after paying their dues. Does this sound familiar to some of you?

Stereotypes developed and the images they produced became an everyday factor in how we accomplished our jobs. Unfortunately, this behavior tended to limit opportunities and productivity. Today, our workforce is changing rapidly. The majority of our workforce is between 35 and 55. Employee diversity is increasing. The number of physically challenged people in the workplace is increasing and our life expectancy has increased significantly. By the year 2000, our life expectancy will be 77 and more of us will be working beyond "normal" retirement age.

These changes are bringing new attitudes, standards, goals and images to our workplace. People are different and we must recognize this in our own organizational relationships and in our customer relationships. Our technical training and our managerial training must prepare us for the future. Self-examination, organizational evaluation and personal growth take time. Diversification, if it is to be successful, has to be more than short duration workshops with no reinforcement. Diversity must be addressed in all areas of work involvement, from recruitment to retirement, and in all applications in between. Diversity is not a substitute for productivity, but it is a critical catalyst in our future transformation.



**US Army Corps
of Engineers**
St. Louis District

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Summer school outreach program

Mark Twain Lake Interpretive Department's Summer School Outreach Program is providing learning opportunities to area schools. The program, started in 1993, has been expanded to include six area schools.

Summer school program topics include water safety, environmental education, hydropower, area animals and birds and the history of the Corps of Engineers. These programs are offered Monday through Thursday.

Summer School coordinator, Steven Wagner, says, "We use our excellent stay-in-school staff to conduct this program. This enables us to gain access to additional venues for the Corps of Engineers

interpretive messages."

Participating in the program are Park Rangers Kim Brummett, Dave



Students from Monroe City Elementary obtain invertebrates for a pond study.

Stroppel, Sally Longacre, Heather Williams, Shane Thurman, and Holly Jungers.

Interpretive Park Ranger, Diane Hellhake, said, "During the month of June we worked with almost 1000 students who probably wouldn't have been reached by our conventional summer programs. Many times we travelled to the school, but usually these off-site trips were followed up by an on-site field trip."

Many requests have been turned down because of lack of staff. It's obvious the program could become much larger if additional time and energy could be devoted to it. The interpretive staff is already receiving requests for next summer and hopes to continue with this outreach activity.

CASU director receives national award



Karen Blum has been director of the St. Louis CASU since its inception in 1990.

Karen Blum, St. Louis Cooperative Administrative Support Unit (CASU) Director, has received the

annual CASU Director Award "...for dedicated management and leadership in expanding the St. Louis CASU services and customer base and for significant cost savings during FY 1993." Karen is one of four CASU directors nationally to receive the award for 1993.

The National CASU Board of Directors selected the award winners. The awards were presented on July 26 during the Annual CASU/ASPA Conference held in Kansas City, Missouri.

Quote

If you can't make a mistake, you can't make anything.

Marva Collins in *Working Women for the 21st Century*

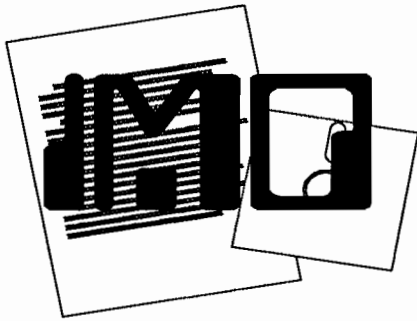
District takes 2nd in golf tournament

The 1994 LMVD Essayons Classic Golf Tournament was held in Millington, Tennessee, on June 21 and 22. Here are the results of the tournament.

Memphis District won the tournament with 16 points. St. Louis came in second with 6 points, followed by Vicksburg with 4 points and Division Office with 3 points.

St. Louis District's Don Brown, CO-NS, won the B Flight with a two-day total of 178. Fred Bader III, son of our Fred Bader, PM-M, won the D Flight with a two-day total of 206. St. Louis District retirees, Elmer Huizenga and Jim Baker, took second and third respectively in D Flight.

Mel Baldus, ED-X, won the longest drive contest and Don Sweeney, PD-E, won closest to the pin.



E-mail etiquette

An increasing number of Corps personnel have access to electronic mail (e-mail) systems. The ease with which a message may be "fired off" to an individual or groups has caused some messages to be sent which don't follow common sense rules of etiquette. So... it's time for some **RULES OF E-MAIL ETIQUETTE** (Etiquette = The forms and practices prescribed by social convention or by authority; Manners = Socially correct behavior).

Some of the types of messages that have prompted these rules of etiquette are:

(a) Messages without a subject. Many people use the subject to determine which messages to read first and, in some cases, which messages to delete without reading. A message without a subject is a prime candidate to be ignored!

(b) Messages with "shotgun" distributions which are sent to large numbers of people, many of whom are not interested in the subject of the message. Sometimes one or

more General Officers are on these lists; so you may be sending mail to someone you would not (or should not) normally consider sending mail to.

(c) Messages where the correspondence is in an attachment. Attachments are difficult for readers, in some mail systems, to display and read. This sometimes causes them to delete messages which are sent as attachments (unless the "subject" really catches their attention.)

(d) Multiple copies of the same (or very similar) correspondence arriving via different mediums (e-mail and US Mail and FAX) and at different times. Such messages are confusing, especially if some are signed, some are not, dates are different or not all copies are dated, or other discrepancies in content are evident.

(e) "Test" messages sent to anyone who hasn't given their specific permission to the sender. Especially test messages sent to distribution lists which contain GENERAL OFFICERS as addressees.

E-mail is a tool which is intended to INCREASE our productivity and IMPROVE the timeliness of correspondence. It can have the opposite effect if misused. The attached "E-MAIL ETIQUETTE, 10 Rules to Live By" provides some common sense rules which, if followed, will help to realize the goals of the e-mail system in the Corps.

10 rules to live by

1. DO - Become familiar with ER 25-1-74, Electronic Mail, and AR

25-50, Preparing and Managing Correspondence.

2. DO - Put a subject on all messages; the E-mail subject (in the message header) must match the organizational correspondence subject.

3. DO - Select the e-mail distribution list(s) to ensure that the addressees on the organizational correspondence match. No "shotgun" distributions.

4. DO - Put the correspondence in the message body (not as an attachment), if at all possible. Format correspondence to contain all parts required by AR 25-50.

5. DO - Identify each attachment in the body of the e-mail message, e.g., "Attachment 1 is in WordPerfect 5.2 for Windows."

6. DO - Use proper signature indication and date the correspondence. Identify advance copies or drafts prominently at the top of the correspondence.

7. DO - Send only one copy (no follow-up by US Mail or FAX). Multiple copies arriving via different carriers and at different times are confusing.

8. DON'T - Send personal mail, junk mail or test messages.

9. DON'T - Use drawings, symbols, or graphics in messages, unless they substantially enhance the understanding of the message.

10. DON'T - Request receipts when using distribution lists, unless absolutely needed for the record.

SUMMARY: THINK before "sending" and USE COMMON SENSE.

On-line wastes time

A panel of travel experts reporting in USA Today concludes that on-line computer travel services are too time consuming.

They tested services available through CompuServe, Prodigy and others using a consumer version of the American Airlines reservation system. It lets you check schedules, seat availability, and fares on 300

airlines, and make confirmed reservations. The experts say booking travel through a good travel agent is faster and more useful than the on-line services.



Explosive waste team "hikes" Alaska

By Gregg Kocher, PM-M

Alaskan license plates proclaim their state to be "The Last Frontier" and four members of the Project Management Ordnance and Explosive Waste team discovered it to be a rugged place indeed. Project Manager Bob Tenholder described the Aleutian Island of Adak as, "The last place God made." Another team member quipped, "I don't think He ever knew about it."

The team's mission was to



Kocher, Camillo, Bradley and Tenholder loaded for bear at the Big Delta site.

investigate two sites for possible unexploded ordnance from World War II, a test site near Fort Greely in Big Delta, Alaska, and Adak Island in the Aleutians. Rounding out the team were Gregg Kocher, Safety Specialist, and Archivists Dan Bradley and Charles Camillo. The team split upon arriving in Alaska, with the Archivists checking records in Anchorage and Tenholder and Kocher continuing on to Fairbanks to conduct interviews with people familiar with the sites.

Once reunited at Fort Greely, the team was accompanied by a member of the Department of Natural Resources. Three days were spent tromping around the aspen and spruce forests looking for signs of unexploded ordnance

(UXO). Shotguns were authorized to be carried in the event of a bear attack or meeting an overly protective mother moose. Temperatures were higher than expected, rising into the 70s. The team sweated across swampy muskeg fields and up the slopes of the mossy foothills of Granite Mountain.

At one of the test grids, pieces of artillery shell fragments were found embedded in tree trunks, giving proof positive that the team's map reading and research led them to the right location. A Global Positioning System instrument was used to fix the location.

An occasional moose along the road told the team they weren't in the midwest anymore. The sun still shining at 11 p.m. confirmed that they truly were in "the land of the midnight sun." Partaking of an Alaskan salmon bake topped off this leg of the trip.

A brief stopover in Anchorage, where half the state's population resides, gave the team members an opportunity to shop for native handicrafts. Severe sticker shock prevented them from purchasing all but the smallest of trinkets, but fossilized walrus teeth will be good "show and tell" items for their kids.

The District team members had heard many horror stories about

the rainy, windy weather on Adak, but none of them expected the snowy peaks poking up through the clouds. They landed at the Naval Air Station there where they were met by Master Chief Petty



The team takes a break on the way to "Armytown."

Officer Bill Barich, who accompanied them during the rest of their stay.

The next day the survey team boarded a Navy tugboat with their gear to steam to the western part of the island where several World War II-era sites had been identified. Since Adak had been bombed by the Japanese, they expected to find UXO at these sites. After a four hour boat ride, during which porpoises, puffins and a lone whale were spotted, the team came ashore by Zodiac boat.

There was a hunting cabin near the rocky shoreline where they prepared their backpacks for the first leg of the survey. Within an hour the team was trekking across treeless tundra and grassy slopes. The temperatures were in the 35 to 40 degree range and "williwaws" were gusting to 30 knots. The going was rough. Dan twisted his ankle badly and Chuck was detailed to return with him to the cabin. The rest of the team pressed on, Master Chief Barich guiding the way. No signs of UXO were found

(Continued on page 8)



Going ashore on Adak by Zodiac boat.



On The Soapbox

Around the District

Ken Koller, PM-M, spoke on the Melvin Price Locks and Dam to 46 high school students participating in the Englemen Institute Science Seminar held on the campus of the University of Missouri - St. Louis.

Gene Degenhardt, VE, spoke to the National Association of State Facilities Administrators at their conference in Sacramento, California, about value engineering.

Joe Schwenk, ED-GF, spoke to 100 people at the Annual Conference of Regulatory Utility Commission Engineers about the flood of 1993 and damages to the St. Louis Floodwall.

Claude Strauser, ED-HP, spoke to 35 teachers at a geography teachers' workshop about the history of the Middle Mississippi River. He discussed how the settlement of the river valley impacted the navigability of the Mississippi River.

Riverlands Office

The Riverlands Area Office staff and volunteers conducted tours of the Melvin Price Locks and Dam for more than 800 visitors during the June 18 dedication. Rangers also conducted tours of the Riverlands Environmental Demonstration Area, patrolled the Mississippi River during the Boat Regatta, staffed two exhibits in the Education Tent and assisted in event logistics.

The Riverlands Area Office participated in the International Association for Fish and Wildlife Agencies at Powder Valley Nature Center. Rangers Julie Ziino and Charlie Deutsch staffed an exhibit on Riverlands Watchable Wildlife.

Julie Ziino was interviewed by WSIE Radio throughout June for updates on happenings at

Riverlands and for the Melvin Price Locks and Dam Dedication. She also addressed the Chautauqua Community Education Night in Chautauqua, Illinois, on the Flood of 1993 and how the Riverlands Area is recovering. Julie updated the group on facility openings at Riverlands.

Riverlands rangers staffed a water safety exhibit at the Fireworks on the Mississippi Festival at Riverfront Park in Alton. Rangers gave several interpretive programs on Water Safety and introduced Woodsy Owl to give his safety messages. The rangers and Woodsy greeted their pal Smokey Bear by having the kids sing Happy Birthday to celebrate Smokey's 50th birthday. More than 10,000 visitors participated in activities at Riverlands over the 4th of July weekend.

Clarksville Office

Park Ranger Alana Kirkpatrick visited a Girl Scout Daycamp to present a water safety program to more than 50 girls. The program covered swimming safety, boating safety and wearing your PFDs.

Alana also met with more than 250 people visiting Locks and Dams 24 and 25 during July. Alana is stationed at the locks and dams on Sundays to meet the visitors, answer questions and explain the lock and dam system.

Mark Twain Lake

Park Rangers at Mark Twain Lake participated in the Ralls County Soil and Water Conservation District's Earth Day Program held on June 14 at Mark Twain Lake. Park Ranger Heather Williams discussed hydropower production at Mark Twain Lake

and its role in the area's energy picture. Park Ranger Steven Wagner conducted a nature hike on the Eagle Trail. Park Ranger Brian Markert concluded the Corps contribution with a discussion of Prairies of the Midwest.

Park Rangers Shane Thurman and Dave Stoppel did programs on snakes, turtles, water safety and wetlands for Boy Scouts at Vandalia.

Shane and Park Ranger Heather Williams discussed turtles with more than 75 visitors at the Mexico, Missouri, Library.

Lake Shelbyville

Park Rangers Lori Clausen and Liz Acree spoke about "A Day in the Life of a Lake Shelbyville Ranger" and presented a lake trivia quiz to 45 members of the Retired Teachers Association.

Lori and Park Ranger Zach Pancoast demonstrated Indian Sign Language for 40 people from the Shelby County Mental Health Summer Day Camp at Lithia Springs Campground. Park Manager Winston Campbell was invited to perform a rain dance, which apparently was successful. It rained later that evening.

Park Ranger Larry Gutzler presented a program on snakes to a group of 4th graders.

Rend Lake

Park Ranger Maureen Curran talked to a group of students from West Frankfort High School about careers with the Corps of Engineers.

About 150 people watched a presentation by Park Ranger Jerry Saurwein at the West Frankfort library featuring live snakes.

(Continued on page 8)



News Briefs

Wappapello Lake:

Rubber duck race

The first local Rubber Duck Race fund raiser was partnered by the Wappapello Lake Management Office and the Missouri Lion's Club 26 D. This event was held on June 4th at the Spillway Recreation Area. Proceeds were used to help those with impaired vision.

Disabled fishing day

Forty-nine people participated in the 4th Annual Disabled Persons' Fishing Day at Wappapello Lake. They enjoyed a morning of fishing from a pontoon boat and socializing during the picnic, which concluded the activities. The event was partnered by the local Lions Club and community residents.

Waterfest '94

Waterfest '94 was the crown jewel in the busy 4th of July weekend festivities at Wappapello Lake. About 450 people participated in games promoting water safety. Radio station Kahr of Poplar Bluff provided a live remote broadcast from Redman Creek Beach. Weekend activities included the Bluegrass Revue and the famous Clydesdale horses.

Carlyle Lake:

Visitors

The new Visitor Center at Carlyle Lake has had 10,517 visitors since it opened on April 1, 1994.

Kaskaskia River Race

The Visiting Nurse Association and the Sunrise Regional Hospices

hosted the "Great Kaskaskia River Race" at the Carlyle dam. About 3,500 spectators watched as more than 11,000 "adopted" rubber ducks were dumped over the spillway to travel about 1/4 mile to the finish line. The winner received \$5,000. The proceeds went to the Sunrise Regional Hospice and others in need.

Hall carries torch

Carlyle Lake Park Ranger Norma Hall was one of 39 runners who carried the Olympic torch through Carlyle during the torch run. The 39 athletes represented 17 states.

Fireworks spectacular

Carlyle Lake Fireworks Committee and the Carlyle Chamber of Commerce hosted the Fireworks Spectacular at the lake. About 15,000 were on hand to witness the fireworks spectacular. Spectators lined the main dam with lawn chairs and blankets.

Ballard on snakes

Scott Ballard of the Illinois Department of Conservation presented two programs on "Snakes and Illinois" at the Carlyle Visitor Center. More than 150 people gathered to see the programs. The main attraction was Scott's live two-headed snakes.

Lake Shelbyville:

Shelby Craft show

The 4th Annual Lake Shelbyville Craft Show had 87 vendors participating. More than 5,400 people came to picnic and browse through some of the best handiwork to come out of Central Illinois.

Scavenger hunt

Summer school students from Stew-Stras Grade School participated in a Nature Scavenger Hunt at Lake Shelbyville. One student sent the following thank you note: "I liked the nachur craftes. The flowers are dead but I still like it. When I got home I had poison ivy. Thank you. Elizabeth."

Shelby fireworks

One of the largest crowds in Lake Shelbyville history was present at the Dam Recreation areas to watch the Independence Day Fireworks presented by the City of Shelbyville. Park rangers helped with traffic control.

Parker club secretary

Lake Shelbyville Park Ranger Jerry Parker was re-elected secretary of the Southern Illinois-Eastern Missouri District Exchange Clubs at their annual convention in June. Exchange is the only exclusively American Civic Club with 40,000 members nationwide. Their national project is the prevention of child abuse.

Riverlands Area:

National Trails Day

National Trails Day was celebrated June 4 at the Riverlands Area. Volunteers from the Gateway TrailNet, Inc. and the Greenway Network, Inc. cleaned debris from the West Alton Trail and planted trees along the railway.

Rend Lake:

Largest crowd

The largest group of people ever to witness the Rend Lake
(Continued on page 8)

**Soapbox Continued****Carlyle Lake**

Park Rangers Bryan Heinrich and Tara Langendorf presented a program on recycling to 82 school children in grades one through six. Activities included paper making and re-using old paper to make "jumping frogs." Woodsy Owl appeared to talk about recycling.

Park Ranger Rocky Horrichs took 45 kids and eight counselors from a Kirkwood YMCA Aqua Youth Group on a tour of the dam. He also spoke to the group about bald eagles and the eagle nest near the Tamalco boat dock destroyed by a storm.

Wappapello Lake

Park Ranger Larry Hendershott staffed a booth at the Black River Festival. Larry distributed water safety materials, lake information, gave water safety quizzes and answered questions from about 300 people.

Park Rangers Tim Bischoff and Stacy Rife (stay-in-school) were special guests on the Coffee Break radio show in Sikeston. They promoted the upcoming Waterfest and discussed other safety issues.

Park Ranger Andrew Jefferson

spoke to the Puxico Press newspaper and radio station Kahr about Waterfest '94. Andrew also discussed the upcoming 3rd Annual Old Greenville Days to be held August 20-21. He also did two TV interviews with KFVS 12 in Cape Girardeau about fishing conditions, Waterfest '94 and 4th of July special activities.

Park Ranger Dan Camden was interviewed by Missouri Fish and Game Magazine about small game hunting in the area.

Several offsite programs including Smokey Bear and Woodsy Owl were conducted by Stay-in-School Rangers Josh Hull and Jim Jones. Stay-in-School Park Ranger Stacy Rife and Summer Aide Melissa Rawlings conducted a water safety program at the Bloomfield High School.

Park Rangers Andrew Jefferson, Lawrence Williams and Rachel Garren took Natural Resource Career Camp participants on a barge trip on the Mississippi River from Cape Girardeau to Cairo. This was an opportunity for the students to learn more about the Corps of Engineers' mission and the duties of a park ranger. A special thank you is extended to Mr. Steve Jones, the pilot of the Pathfinder and his crew.

Alaska cont.

at the first location. After a 10 mile hike, the very tired survey team returned to the cabin.

The next day, Bob and Gregg were feeling the previous day's effort, with sore muscles and knees. Dan's ankle was sprained. The team was ready to push on though, thanks to a decent night's sleep in the coal stove-warmed cabin. Following a 52-year-old telegraph pole line, the group reached "Armytown" on the southern tip of Cape Yakak. The ruins of several buildings and radio towers yielded no sign of UXO.

Tenholder and Kocher were struggling with sore knees and had all but resolved to spend the night on the tundra. Tents and sleeping bags were part of their gear, so it wasn't a problem. The others pressed on, determined to reach the cabin. The two stragglers decided to continue on as well. It was more than 11 miles back to the cabin, but seemed further with every ridge and valley they encountered.

They moved for 25 minutes and rested for five. And eight hours later Tenholder and Kocher hobbled into camp. Their mantra was "chicken noodle soup," which Bill gratefully prepared from the cabin's stores for the weary trekkers. The team had hiked more than 22 miles in about 14 hours. No one was in shape to do anything the next day, so they rested up.

The day after that, Bill and Chuck hiked back to the Naval Air Station to send the tugboat for the remaining members of the team. A hot shower at the base to scrub off days of filth was heaven. And that McDonald's burger sure was tasty after days of eating Army rations.

News Briefs cont.

Fireworks display gathered on Sunday, July 3rd, to watch the production by Sunset Fireworks, Inc., of St. Louis. An estimated 50,000 visitors saw the display, sponsored by the Rend Lake Conservancy District, from various locations around the lake.

Lake Visitor Center kicked off June 18th with a showing of wildlife art by some of the area's finest artists. Other programs in the series have included a Birds of Prey program by the World Bird Sanctuary and a Snake Program. The series continues through August.

Science series

The Environmental Science Series of programs at the Rend



EEO matters

In the July '94 issue of ESPRIT, I made reference in the EEO Matter's article to a District culture; a challenge was issued to the readers to define the St. Louis District culture. I have, to date, received no reply, so, to stimulate interest, I now offer the following definition for culture:

Culture - a culmination of accepted practices, of a group, which are transmitted from one generation to another.

What accepted practices, of by gone years, have become so commonplace in our District that they impede progress, constrain creativity, or set up impervious barriers to integrity and conscientious effort?

Our current leadership has conveyed the following legacy for the Corps' future (excerpt from Building for the Future, Our Vision (EP11-1-7)):

"Change will be a way of life... a caring team with shared values, vibrant spirit, dedicated to common goals and the Army ethic of duty, integrity, loyalty, and selfless service."

There are a couple of very key terms used in the above statement which I feel worth emphasizing; Change, Caring team, Shared value, and Common goals.

Change implies that traditional approaches are passe. We

need to refocus, shift paradigms, and define what constitutes a multicultural normalcy. Many norms of past generations are no longer applicable to today's society.

A caring team subscribes to the theory that the culture which we develop is inclusive, sensitive to the proponent's needs, and has a causal connection to both ethical and moral values.

Shared value invokes a sense of identification and consensus on a work ethic, equitable treatment and opportunity. Each partner is a stakeholder and benefits are mutually inclusive.

Common goals seek to unify the focus and direction of all effort, e.g. mission, integrity, quality, professionalism and caring to insure that even if the train slips off the track, it can find its way back.

Thoughts:

1) Vision is extremely important when attempting to Change a course, especially when the course goes against the Brain.

2) A skillful practitioner who favors choice over rule and belays trickery, to honor and truth, will find peace and prosperity at the close of each day.

3) The more good you fill up with at the stations of life, the more good you will give out in life; the opposite is also true! Good in, good out, or Garbage in, garbage out(GIGO). The choice is yours.
HSH

Many people are so used to the way things have been, that it's hard to see doing things differently; we must, however, and if the proof is in the pudding, let me offer the following example of Diversity at its Best:

At the recent District Picnic the Equalizers (EEO softball team) comprised of ten minorities, five non-minorities (four women, ten men, a child, military, civilian, relative, spouse, Corps, CASU, student, co-worker and friend), championed three games against three not so diverse teams to bring home a District trophy.

Diversity is not thought of often and yet the time has come when it's a way of life. Even though I may not be able to conclusively prove that the underlying cause and effect are attributable to diversity, it was a factor and the end result is indisputable; the team was focused, morale was high, productivity increased, and we enjoyed every minute!

Congrats - Capt. Scott (Foto-finish) Fehnel, Catina (Lucky) Lyles, Marvis (Hitman) Houltts, Eric (Muscleman) Meriwether, Brenda (Foxy Faye) Hamell, Paul (Scoop) Schmidt, Shirley (Ball buster) Bledsoe, Mike (the Brain) Banovz, Rachel (Go-girl) Garren, Keith (K-Mac) McMullen, Ray (Too-tough) Tober, James (Jay-Jay) Jefferson, Larry (Lorenzo) McCoy, Gerald (Awesome) Allen, and the old Double H.

Harry S. Hamell
EEO Manager



District Picnic

Good old fashioned fun

The District's "Old Fashioned Family Day Picnic" was just that, an old fashioned family day picnic. The corporate picnic facilities at Creve Coeur Park were excellent, the weather was great and it turned out to be, according to many there, "one of the best picnics we've had in years."

Denise Brunson-Harris, PD-AE, coordinated a group of about 60 volunteers to put together a wonderful time for everyone. Denise gives special thanks to Colonel Suermann and Major Jones for their support, and to the CAC members and all the activity coordinators and volunteers for their help. Also a special thanks to supervisors Dan Ragland and Ben Hawickhorst for their support.

Activity coordinators were: Brenda Hamell, HR-R - soda poker, Jesse Sanders, ED-DC - volleyball, Art Taylor, CASU-DL - bingo, Phyllis Thomas, CASU-DL - hula hoop, Vanessa Alexander, IM-IC - three-legged race, Damon Cox, IM-P, and Dave Busse, ED-HP - softball, John Dierker, ED-C - golf, Barbara Scott, HR, and Vivian Ratliff, LM-S - child safety day, Capt. Lou Dell'orco, Commander's Cup (Tug-O-War), and Capt. Scott Hand, water balloon toss. Faithful standbys for the pony rides were Sandra Argabight, CASU-DL, and D-Lori Newsome, CASU-DL.

There was something for everyone. Many didn't participate in organized events, but took advantage of the beautiful weather and the park setting to do their own thing, such as biking, hiking, roller blading, jumping rope, tennis, horeshoes, fishing, or just plain relaxing under a big shade tree. The spray pool was also a big hit with the kids (of all ages).



Who's having more fun in this picture? Carol Kreutzer's husband, Bob, and son, Andrew, really dig the picnic.



Art Taylor calls 'em the way he sees 'em. Will bingo ever be the same?



N? There aren't any Ns playing letter X, Art. Dee Ebert and grandson, Andrew, play bingo

The Air National Guard even got into the act with a fly-over of our picnic site.

Food was provided by E&J Catering Company and the pony rides by Midwestern Pony Rides. Tara Langendorf, from Carlyle Lake, escorted Woody Owl to the picnic and Stan Ebersol escorted Smokey Bear.

Winners of the softball tournament were the EEO team, The Equalizers, headed by Harry Hamell. Volleyball champions were the Carlyle Team, headed by Jeanna Cuhn.

The picnic was the sort of event that makes everyone say, "Can't wait 'till next year when we can do it again."



Bob Muffler tries to keep up with grandson,



These balloons are definitely heavier than air.



Are you cool? I'm cool. We're cool. Nothin' but cool.



Simple. Just keep the ball from touching the ground.



Col. Suermann chats with Warren Brunson about his WWII exploits in Burma.



And there was plenty of good food, too.



You pull on yours and I'll pull on mine. Mine just happens to be invisible.



Woodsy Owl says, "Hi," to some little friends.



The end is near for SF-171

By Evelyn D. Harris
American Forces Information
Service

"Taps" will sound for SF 171 - the application form for federal jobs - December 31

The federal government will no longer print or stockpile the venerable form after that date.

Still, don't feel bad if you've spent money for SF-171 computer software. Applicants will have the option of using the old form, said Office of Personnel Management officials.

OPM Director Jim King said his agency published a proposal ending the SF-171 in the June 22

"Federal Register." Officials expect the proposal to be final following a 30-day comment period and Office of Management and Budget approval.

"The intent of the proposal is to make it easier for people to apply for federal jobs," King said. "The SF-171 is too cumbersome and sends the wrong message when we are trying to move to a more customer-friendly and flexible system."

Agencies should begin phasing in SF-171 alternatives this year. DoD officials said they will be ready with SF-171 alternatives by January 1, 1995.

Next year applicants will have the option of using a resume, an electronic file or a written format. Applicants for certain hard-to-fill jobs can already apply over the telephone.

OPM will assist agencies with

the change to computerized and telephone hiring systems. Agencies choosing not to invest in computer or telephone hiring systems can hire OPM as a contractor to process applications and provide other services.

OPM officials said the new proposal highlights the agency's commitment to simplify the application process through computerized hiring. Job seekers will use a pencil to mark answers about their qualifications on computer-scannable forms and send them in with their resumes. Applicants without resumes can

complete a mini-form that will be pro-

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vided upon request.

OPM officials said the new format will save time for both applicants and personnel offices. The average federal job seeker takes at least eight hours to complete an SF-171, according to Mary Ann Maloney, an agency spokesperson. But the applicant isn't the only one inconvenienced. "Even a good personnel specialist can take up to 90 minutes processing an SF-171," she added.

Officials said the new computer forms will take about 40 minutes for an average applicant to provide basic qualifications and another 15 minutes to answer specific questions for each agency applied to. Computer scanners can read up to 1,500 applications an hour.

King said the computerized format will mean the easiest way to apply for a job will be to

review OPM's centralized list of agency job openings and follow the simple instructions given.

People with computers and modems can access the list through the Federal Job Opportunities Bulletin Board at 1-912-757-3100. Or job applicants can use touch screen computers in federal employment information centers throughout the country or in their state employment offices. TDD numbers for the hearing impaired are also available at these centers.

Vice President Albert Gore's National Performance Review recommended eliminating the form. Gore called the SF-171 "a symbol of a system that's so tied up in its own red tape that it fails to serve either the government or the applicant for a government job."

Rend Lake stops oil drilling on public land

A conflict between Great Plains Resources, Inc., and the Corps of Engineers at Rend Lake has ended with a federal judge's decision favoring the Corps' position.

Great Plains began oil drilling operations last September before obtaining a license from the Corps. Corps rangers stopped the operation and the case went to the federal court in Benton, Illinois.

Great Plains contended that the Corps was overly restrictive in their licensing requirements, while the Corps maintained the licensing process is necessary to protect public lands.



Coming Events at the lakes

Carlyle Lake

Aug. 6 Triathlon
Sept. 24-25 Conservation Day/Power Boat Race
Oct. 21-22 Haunted Trail
Dec. 2 Christmas Tree Lighting

Lake Shelbyville

Aug. 20 Okaw Indian Festival
Oct. 6 18th Annual Eco-Meet

Rend Lake

Sept. 10 Rend Lake Cleanup
Sept. TBA Children's Arts Festival
Almost every Saturday between Memorial Day and Labor Day, special Environmental and Outdoor Skills programs are held at the Visitor Center. On most

Saturday evenings musical and cultural heritage programs are held at the Visitor Center Amphitheater.

Wappapello Lake

Aug. 20-21 3rd Annual Old Greenville Day
Dec. 15-23 2nd Annual Festival of Lights Auto Tour

Mark Twain Lake

Aug. 13-14 Salt River Folklife Festival
Sept. 23 Environmental Education Day
Oct. 8 An Evening with the Stars

Riverlands Area Office

Aug. 15-19 Rivers Curriculum Workshop
Sept. Riverlands Environmental Fair

\$ – Promotions & Incentive Awards – \$

PERFORMANCE AWARDS:

Todd Stoeckel, CASU
Mary Whitley, CO-MP
William Jones, CO-OSP
Dolores Ebert, DD
Vivian Arthur, IM-P
Lori Weber, LM-T
Rosemary Bubnick, PM-M
Elinor Reinerman, PM-M
Carolyn Reinkemeyer, PM-M
Cheryl Shannon, PM-M

SPECIAL ACT AWARDS:

Ellison Brown, CELMV-CO
Lammert Buchhold, CO
Walter Feld, CO
Allen Mehrer, CO-NJ
Virgil Sanders, CO-NM
Julie Ziino, CO-NM
Michael Edwards, CO-NR
Walter Wagner, ED-DM
Catherine Fox, ED-GG

Richard Hagan, ED-GG
Gregory Hempen, ED-GG
Michael Navin, ED-GG
Ida Morris, ED-H
Anne Woodrome, HR-M
Wendy Hearn, IR
William Levins, OC
Anson Eickhorst, PD-E
Katharine Hayes, PM-M
Brian Kleber, PM-M
William Sutton, PM-M
Mary Matecki, RE-P

Those who helped make the picnic a success

Major John Jones
Randy Curtis
Ida Morris
Harry Hamell
Brenda Hamell
Clarice Trigg
Janet Ulivi
Mary Ann Dostal
Jesse Sanders
Art Taylor
Linda Wichlan
Phyllis Thomas
Sandy Argabight
D-Lori Newsome
Vanessa Alexander
Russ Elliott

Jake Rhodes
Carole Pitzer
Norma Hall
Marsheih Sayles
Stephanie Taylor
Jo Anne Long
Wenda McGilberry
Damon Cox
John Dierker
Debbie Kuhlmann
Barbara Scott
Vivian Ratliff
Barbara Jarman
Teresa Williams
Riley Pope
Pat Hosford
Suzi Reinkemeyer

Dennis Gilmore
Capt. Scott Hand
Capt. Lou Dell'orco
Kenny Rodgers
Mattie Bond
Phyllis Reese
Teresa Lyons
Natalie Drew
Dave Busse
Rachel Garren
Myron Spencer
Helen Patrick
Diadra Henley
Dixie Pickett
Ruth Townley
Alvin Sumler
Cathy Mueller

Rocky Horrigths
Tara Langendort
Stan Ebersol
Ginny Mueller
Diane Hill
Roger Siller
Billy Arthur
Joan Brickey
Cherise Harris
Thelma Ross
Carol Sandford
June Suermann
Teresa Militello
Cindy Morales
Angela Sanders
Rozann Heiningar



To your health

The touch of good health

Hugging and stroking your child may have more benefits than you realize. New studies show that your healing touch can help a baby gain weight. It can stimulate immunity, and encourage good behavior in older children.

There are 20 square feet of skin on the average human body, making it the body's largest organ. The dermis, just below the top layer of skin, contains specialized receptors that respond to heat, cold and touch. When touched, the receptors pass a message which ultimately reaches the thalamus and sensory cortex, where the sensation is registered.

The University of Miami School of Medicine's Touch Research Institute has shown that the caress of human hands isn't just a luxury. It does more for a body and psyche than has been recognized before. Premature babies are a good example. In studies initiated by the Institute's founder, it was discovered that preemies who were gently stroked on different parts of their bodies for 15 minutes three times a day gained 47 percent more weight per day than those who were not.

In another study, emotionally disturbed children who were gently massaged showed decreased

levels of stress, slept better, and were more cooperative. Touching your child could even help with school work.

Office workers who had a 15-minute back rub, not only had less stress, they were more alert and solved test problems twice as fast as when they felt stressed.

In our time, medical advances have diverted us from the useful and healing power of touch. Ashley Montagu, author of "Touching," says touching produces feelings of cooperation and safety - and feelings of caring and sharing which are essential to the well-being of all primates.

Picnic, BBQ season prompts safe hamburger campaign

By Rudi Williams
American Forces Information Service

Occasional flare-ups of E.coli 0157, or Escherichia coli, infections in about 20 states have prompted the Department of Agriculture to launch a nationwide Safe Hamburger Campaign.

The campaign aims mainly at parents of young children, particularly those under age five. "Mostly children have been affected by E.coli 0157, but complications from the illness have also struck the elderly and people with weakened immune systems," said Dr. Jill Hollingsworth of Agriculture's Food Safety and Inspection Service.

At least 16 major outbreaks of E.coli 0157 have occurred, causing more than 20 deaths since 1982, when the bacteria was first shown to cause foodborne illness, Hollingsworth noted.

"The Centers for Disease Control estimates as many as 20,000 cases occur every year," she said. "About 18 percent of those affected are hospitalized, and about two percent of the cases result in death."

Officials blame undercooked hamburgers as the main cause of the illness. They have also traced cases to raw milk, contaminated water, salad bars and unpasteurized apple cider, Hollingsworth said.

The Agriculture Department and the National Association of School Nurses are conducting a joint program to educate parents of elementary school children about the importance of safe food handling. Agriculture has developed a "parent education card" that features a well-cooked hamburger topped with cheese, tomato, grilled onions and lettuce with the statement: "Recipe for a safe and

delicious hamburger. No matter how you top it... Before you take a bite, make sure it's brown in the middle."

Other food handling tips include:

- * After shopping, quickly freeze or refrigerate all ground meat and other perishable foods.

- * Never thaw food on the counter or let it sit out of the refrigerator for more than two hours.

- * Wash hands, utensils and work areas with hot soapy water after contact with raw meat to keep bacteria from spreading. Also wash hands after using the bathroom or diapering a child.

- * Most importantly, whether cooking hamburgers at home or eating them out, check them with a fork to make sure they are done all the way through. Make sure no pink shows before you take a bite.

(Continued on next page)



Retiree Review

By the Retiree Correspondent

Twenty seven retirees convened at the Salad Bowl for our monthly luncheon. Mary Lou Lawson was the District rep this month. It's always nice to have her attend. She told a clever story.

Our attendance was off. I guess several were on vacation. Pete and Marie Puricelli were on a combination vacation/business trip to Branson, and, therefore, absent. Jim and Celeste Baker were absent. Seems Jim fell in the bathtub and bruised some ribs. Stay out of the tub, Jim!

We had one "new" retiree in attendance - Lou Chiodini. Always glad to see Lou. He's an officer in the Engineers Club, so usually attends that meeting. Fortunately, this month they changed their meeting time. Another first timer was Evelyn Sovar (Mrs. Richard). Glad she could make it.

Roger and Linda Cuddeback were there after several months' absence. Don't stay away so long.

Elmer and Estelle Huizenga brought their two grandsons with them. They're quite grown up since they attended last.

Jim Butery had a letter from Dorothy Smith (Mrs. Huel). Dorothy has moved to 530 Arrowhead, Apt. 8, Springfield, Mo. 72150. Nice to hear from Dorothy. Jim had heard from Willie Stroud. Willie has settled in Birmingham, Alabama. His address is 2821 Second Street, N.W., Center Point Subdivision, Birmingham, AL. Telephone is 205-853-4406. Bill has gone into business for himself. He extended an invitation for all to stop and spend up to three days/nights with meals.

No charge. Here we come, Willie!

Bob Maxwell, a '72 retiree, had the honor of being retired longest.

Mary Jane Jansen had the misfortune to fall while working at the hospital. She has been comatose since the accident. She did open her eyes twice on Wednesday, which is a good sign we hope. Our prayers are with them for a speedy recovery.

Lyle Forth had surgery last month. It seems the incision didn't heal properly, but he's doing fine now. Good luck, Lyle!

Mary Baron (Mrs. Carl) is visiting her grandson in Colorado for two weeks. Glad she is traveling now. Keep it up.

Elmer Huizenga, Kate Stiles and Mary Lou Lawson were the lucky ones for the Pot-of-Gold.

Kate attended the Corps Picnic. Don't know how many retirees attended. She saw many fellow employees (the younger generation!) and enjoyed it very much.

Did you see Kate's death notice last week? Her phone rang Wednesday morning. The office was checking up on her. Her daughter said she was "well and kicking." Seems three of her friends (?) had a bet. Steak dinner, no less. Two bet it was her and the "winner" said no. I think Kate should be in on those steak dinners, don't you? At least she appreciates their concern.

Mark your calendar for August 18 - third Thursday, about 11 at the Salad Bowl. Let's have a big attendance. See you then. Bring another retiree with you. The more the merrier.



The retirees chow down at the Salad Bowl.

Editor's note:
Gene Degenhardt DID take photos of the June luncheon. Here are a couple to prove it. Quality isn't the greatest, but Gene said, "The equipment was acting up."



Colonel Suermann gives an update.

Safe burgers - cont.

Send back any undercooked hamburger or other food made from ground meat. Cook all dishes made with ground meat until brown or gray inside, or to an internal temperature of 160 degrees Fahrenheit.

Editor's note:

The health article on body mass index in the July ESPRIT was missing a sentence. To get the proper figure you multiply your weight in pounds by 700, divide by your height in inches, then **divide by your height again**. A score of 20 to 25 is best.



Duty-Bound German General Urges Allied Haste

NAZI TORCH POISED OVER PARIS

The City of Lights drew Allied soldiers like moths. After two months of desperate fighting in Normandy, August 1944 found Allied soldiers breaking out of Normandy and chasing the Wehrmacht across France.

Allied Commander U.S. Army Gen. Dwight D. Eisenhower wanted to avoid taking Paris as long as possible. He saw the city as a tremendous logistical drain on the Allied supply pipeline. The citizens of Paris saw things differently.

With the Allies approaching the city, the residents of Paris rose up and fought the German occupiers. Resistance leaders did their best to stop the fighting, but urged on by the Communists, people took to the barricades. Followers of Free French leader Gen. Charles de Gaulle realized they had to join the fighting or risk losing their influence in the French capital.

But the stakes were higher than any Allied official realized. In July 1944 Adolf Hitler issued orders to German Gen. Dietrich von Choltitz to defend Paris. If von Choltitz could not hold the city, he was to leave it a burning ruin.

Von Choltitz looked like the perfect candidate for the job. He had

a reputation from the Eastern Front against Russia for success and following orders. He was the hero of the siege of

Sevastopol and followed the German scorched-earth policy in Russia to the letter.

But something happened to von Choltitz when he met Hitler. He realized the Nazi leader had lost touch with reality and Hitler's orders to destroy Paris would place von Choltitz in the league of

history's criminals. Still, Hitler promised to send troops to defend Paris, and if they came, von Choltitz was

prepared to do his duty.

Once the revolt broke out in Paris, von Choltitz tried to contain it. He even worked out a truce with resistance leaders. The truce fell through and he approached a Swedish diplomat to approach the

Allies to tell them to hurry before he had to destroy the city.

The French 2nd Armored Division under Gen. Jacques Leclerc was near Paris. U.S. Army Lt. Gen. Omar Bradley ordered Leclerc to take the city. Leclerc's force, plus the U.S. 4th Infantry Division, broke into the city Aug. 25. Von Choltitz surrendered the City of Lights to Leclerc that same day.

The Free French fighters, the French resistance, the U.S. Army and a German general saved the magnificent city of Paris for mankind.

— American Forces Information Service

